THE VALE OF GLAMORGAN REPLACEMENT LOCAL DEVELOPMENT PLAN 2021-2036

HEALTHY PLACEMAKING

DRAFT SUPPLEMENTARY PLANNING GUIDANCE

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

1   INTRODUCTION

1.1   The Council has published this Supplementary Planning Guidance (SPG) to support the policies and proposals contained within the Deposit Replacement Local Development Plan 2021-2036 (RLDP) that seek to create healthy and inclusive environments.

1.2   RLDP Strategic Policy SP5 Creating Healthy and Inclusive Places and Spaces requires new development to ensure that the built environment is inclusive to all and creates environments that may contribute positively to health and wellbeing.

1.3   The purpose of this SPG is to highlight the close links between the built environment and health and well-being, and illustrates that by considering inclusiveness, health and wellbeing at the earliest stage of development, new developments can create healthy and inclusive places and spaces.

1.4   In this regard, the SPG:

- Highlights the relationship between health legislation and national and local planning policy, as well as the linkages between planning and the delivery of health and wellbeing.
- Provides practical guidance that those involved in the development process can take to improve people's quality of life, through the creation of inclusive and healthier environments.
- Introduces a health and well-being checklist to assist applicants in demonstrating how their proposals contribute to health and wellbeing, and in the preparation of Design and Access Statements.
- Guides applicants in the use of Health Impact Assessments for specific developments.

1.5   The Council considers that all new developments should seek to create places that contribute towards improving health and well-being. This SPG sets out how the Council will consider health and wellbeing through the development management process and provides information on measures that can be adopted by developers to create healthier and inclusive environments.

2 PURPOSE OF THE SUPPLEMENTARY PLANNING GUIDANCE

2.1 This SPG is intended to assist developers in meeting the Council's pro-active approach to healthy placemaking. It sets the basis for discussions at pre-application stage to ensure health and well-being is given due consideration at an early stage in the planning process.

2.2 The advice contained within the SPG is particularly relevant for the planning and development of larger regeneration projects and masterplans. The SPG focuses on the areas where planning influences health outcomes and identifies specific criteria which should be considered in the planning process.

3 STATUS OF THE GUIDANCE

3.1 This SPG was approved by Cabinet as a draft for public consultation purposes on the XXX (minute XXX refers). The Council will take account of the comments received during the six-week consultation period before reporting the matter back to Cabinet for consideration.

3.2 In accordance with Planning Policy Wales, Edition 12 February 2024 (PPW), the SPG will be a material consideration in the determination of relevant planning applications and appeals in the Vale of Glamorgan.

4 HEALTHY PLACEMAKING: THE LINKS BETWEEN PLANNING AND HEALTH AND WELL BEING

4.1 There are long established links between planning and health. The benefits of a high quality well designed built and natural environment on physical and mental well-being are numerous. Having access to green open spaces, healthy food, opportunities to be active, clean air, well designed buildings that promote health and well-being, and supportive services delivered from local facilities help people to thrive in a local community[1]. Conversely, the built environment can have negative impacts on health and well-being, such as where poor quality housing or air pollution levels contribute to adverse health outcomes.

4.2 The Well Being and Future Generations (Wales) Act (WBFGA) goal of "A Healthier Wales" recognises that where we live, and work can shape an individual's health and well-being. It identifies Placemaking and designing-in community health and well-being as key enablers of achieving its goal.

4.3 Local planning policy has an important role in ensuring that opportunities exist for people to make healthier lifestyle choices and to live in places that benefit their health and do not cause harm, and to address health inequalities. For example, places that provide access to safe and convenient green spaces can help to encourage physical activity and social interaction. Conversely, poorly designed and connected developments can contribute towards social isolation and poorer physical and mental health[2].

4.4 In recent years there has been much research and guidance developed around healthy spatial planning and placemaking, and consideration has been given to how the built and natural environment influences health and well-being.

4.5 As a result of improved healthcare provision, people are generally living longer. Many people live healthy lives in older age, but some are living longer with disabilities or non-communicable diseases. Much of the burden of disease is associated with avoidable lifestyle behaviours such as smoking, drinking too much alcohol, limited physical activity and poor diet. There is now a greater understanding of the close links between physical and mental health, and the

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[1] Public Health Wales. 2018. Creating Healthier Places and Spaces for Our Present and Future Generations. Available at:
http://www.wales.nhs.uk/sitesplus/documents/888/Creating%20healthier%20places%20spaces.pdf

[2] National Institute for Care and Excellence (NICE). March 2018. Physical Activity and the Environment. Available at: https://www.nice.org.uk/guidance/ng90/resources/physical-activity-and-the-environment-pdf-1837748441797

high prevalence of mental health issues in the population. All these areas of health can be strongly influenced by the built and natural environment.

4.6   Within the Vale of Glamorgan, inequalities in health in terms of life expectancy and healthy life expectancy at birth are apparent between areas of high deprivation and more affluent areas. In 2020-22[3], the gap in life expectancy between the most and least deprived communities was 8.4 years for males, and 7.24 years for females (Wales was 7.6 years and 6.4 years respectively). This gap was even greater for healthy life expectancy at birth, with a 17.9 year difference for males and 19.3 years for females. This means that people living in the most deprived areas die earlier and will experience ill health for longer.

4.7   Consequently, encouraging Healthy Placemaking through land use planning and collaborative working will contribute to improving the physical and mental well-being of the Vale of Glamorgan's residents. It will also help to achieve multiple local objectives and priorities within the wider context, including; improving road safety, reducing air pollution, maximising environmental protection, and securing infrastructure investment.

5   PLANNING AND PUBLIC HEALTH POLICY CONTEXT

NATIONAL PUBLIC HEALTH POLICY CONTEXT

5.1   Welsh policies and the legislative framework provide a key focus on the important links between the natural and built environment and health and well-being.

WELL-BEING OF FUTURE GENERATIONS (WALES) ACT 2015

5.2   The Act introduced the requirement for public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities, and each other, and to prevent persistent problems such as poverty, health inequalities and climate change. The Act states that public bodies must act in a manner which seeks to ensure that the needs of the present are met without compromising the ability of future generations to meet their own needs.

5.3   Welsh local planning authorities have specific duties and powers to improve well-being and reduce health inequalities, as set out in this legislation and the

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[3] Public Health Wales. Outcomes Framework. Available at: Public Health Outcomes Framework (2022) - Public Health Wales

Planning (Wales) Act 2015. The Act places a duty on all public bodies to work towards delivering the principles of the Act when carrying out their duties, including local planning authorities when assessing planning applications.

5.4   To ensure these bodies work toward this principle the Act puts in place seven well-being goals to help ensure that all public bodies work towards delivering the same vision of a sustainable Wales as shown in figure 1 below. These include "A Healthier Wales" and links to the role of the environment in promoting well-being referred to within the Goals relating to "A prosperous Wales', 'A resilient Wales', 'A Wales of connected communities' and 'A globally responsible Wales'.

Figure 1: Well Being Goals
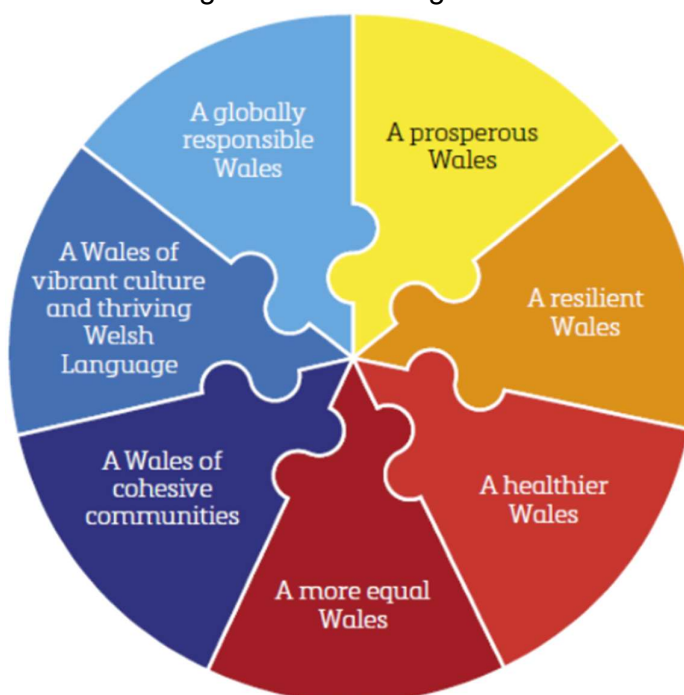
ACTIVE TRAVEL (WALES) ACT 2013

5.5   The Active Travel (Wales) Act places a legal duty upon local authorities to plan for suitable routes for active travel, produce active travel maps, consider the needs of pedestrians and cyclists and to make better provision for them. Local authorities must improve the local walking and cycling infrastructure and promote walking and cycling as a mode of transport. Active travel particularly refers to journeys undertaken by walking and cycling, such as those made to or from a workplace or educational establishment, or to access health, leisure or other services or facilities. New developments should consider active travel

and include the provision of new and improved walking and cycling routes where appropriate.

PUBLIC HEALTH (WALES) ACT 2017

5.6   Part 6 of The Public Health (Wales) Act places a requirement for public bodies to carry out Health Impact Assessments (HIAs) in specific circumstances. The regulations when published shall set out the circumstances in which a public body must carry out a HIA; and the way in which a HIA is to be carried out.

5.7   Where a public body has carried out a HIA in accordance with regulations, it must publish the assessment, and take the assessment into account when exercising those functions in connection with which the assessment was carried out. Further information and guidance on when and how to undertake HIA is available from the Wales Health Impact Assessment Support Unit: https://whiasu.publichealthnetwork.cymru/en/resources/

5.8   Planning Policy Wales, Edition 12, recognises that HIA makes a valuable contribution towards plan making. Undertaking a HIA can ensure that the potential positive and unintended negative impacts of development on both health and health inequalities are considered and addressed during the planning process. Accordingly, where a HIA is required for specific developments, this should be undertaken at an early stage in the development process so that any relevant health impacts are identified and addressed through planning and design stages.

5.9   Where a HIA has been undertaken in relation to a development proposal this should be submitted at the application stage and demonstrate how the HIA has informed the design of the scheme. The HIA should aim to enhance the positive health aspects of a proposal while avoiding or minimising any potential unintended negative impacts. Emphasis should be placed on mitigating negative or enhancing positive impacts for population groups identified through the HIA process, particularly those living in deprived areas.

5.10 Healthy Weight, Healthy Wales is a strategy to prevent and reduce obesity in Wales. Being a healthy weight is key to the reduction of risks of long-term health conditions such as diabetes, heart disease and some cancers. The prevention of obesity is complex and requires many contributing factors at individual, community and society level. One of the mechanisms to enable people to achieve and maintain a healthy weight is their ability to live in a healthy environment, where they have access to open space, healthy food, and the infrastructure to enable active travel.

5.11 The Strategy sets out these ambitions:

- To achieve a healthier food environment, where healthier options are available on our high streets, and there is the opportunity for people to grow their own food.
- To enhance the ability of people to be able to undertake active travel opportunities.
- To have safer communities, with safer routes to schools, more 20mph zones and safer access to enable walking and cycling.
- To enable better access to green spaces.
- To increase investment into play and sport facilities and ensure physical activity is routinely built into infrastructure decisions such as schools, housing, and regeneration.

NATIONAL PLANNING POLICY CONTEXT

5.12 **The Planning (Wales) Act 2015** introduced a statutory requirement for all Local Planning Authorities to exercise their planning duties in accordance with the economic, social, environmental, and cultural sustainability principles set out in the Well-being of Future Generations (Wales) Act 2015 (WBFGA).

5.13 **Future Wales: The National Plan 2040**, sets out the Welsh Government's strategic national development framework and builds upon the key objectives of Planning Policy Wales. It outlines the Welsh Government's strategies for addressing key national priorities through the planning system. These include sustaining and developing a vibrant economy, providing quality development in the right places for the right reasons, and improving the health and well-being of communities across Wales.

5.14 **Planning Policy Wales (PPW) Edition 12 (February 2024)** sets out the Welsh Governments aims and objectives of the land use planning system within Wales across a range of social, environmental, and economic topics; indicating that the planning system is central to delivering the sustainable development goals of the WBFGA.

5.15 PPW considers that the best way to implement the requirements of the WBFGA is by adopting a 'placemaking' approach to plan making, planning policy and decision making at the local and national level. Placemaking is defined by PPW as:

> *"A holistic approach to the planning and design of development and spaces, focused on positive outcomes. It draws upon an area's potential to create high quality development and public spaces that promote people's prosperity, health, happiness, and well-being in the widest sense."* (Page 14 refers)

5.16 Five key national planning principles underpin the delivery of placemaking which development plans and development proposals must seek to deliver development in order to contribute to the national sustainable placemaking:

- Growing Our Economy in a Sustainable Manner.
- Making Best Use of Resources.
- Facilitating Accessible and Healthy Environments.
- Creating and Sustaining Communities; and
- Maximising Environmental Protection and Limiting Environmental Impact.

5.17 Facilitating Accessible and Healthy Environments highlights the role that the planning system can have in promoting health and well-being:

> *"Our land use choices and the places we create should be accessible for all and support healthy lives. High quality places are barrier-free and inclusive to all members of society. They ensure everyone can live, work, travel and play in a way that supports good physical and mental health. Our built and natural environments should be planned to promote mental and physical well-being. The best way of achieving this is to involve and collaborate with others to ensure issues are understood and prevented at the earliest opportunity through effective engagement with those affected by or having an interest in the development concerned."* (Page 17)

5.18   Paragraphs 3.19 to 3.24 Promoting Healthier Places in PPW sets out how LPAs through their forward planning and development management functions can assist in maximising health and well-being. This includes maintaining and creating places that encourage healthy lifestyles, ensuring access to green spaces and community facilities, and promoting walking and cycling. It also highlights the importance of ensuring that the planning process minimises the potential negative impacts new developments can have on physical and mental health, by safeguarding amenity and by reducing exposure to noise and air pollution. Paragraph 3.21 states that LPAs should refuse development proposals if the impacts on health or amenity are adverse or cannot be mitigated satisfactorily.

LOCAL PLANNING POLICY AND HEALTH CONTEXT

The Vale of Glamorgan Corporate Plan 2025-2030 (Vale 2030)

5.19   The Vale of Glamorgan Corporate Plan is the Council's key strategic document and sets out the framework for the various activities the Council undertakes. It seeks to deliver a wide range of outcomes measured against the plan's 4 well-being objectives:

- Creating Great Places to Live, Work and Visit.
- Respecting and Celebrating the Environment.
- Giving Everyone a Good Start in Life.
- Supporting and Protecting Those Who Need Us.

5.20   For each objective, the plan sets out how the Council will collaborate with the community and partners to deliver the objectives over the 5-year Corporate Plan period, and within each improving health and wellbeing of the Vales residents is a recurring theme. This includes improving access to health services, reducing levels of childhood obesity, improving access to healthy food and reducing food insecurity, and supporting residents to lead healthier lives.

Vale of Glamorgan Well-Being Plan 2023-28

5.21   As part of the requirements of the Well-being of Future Generations Act the Council, together with public sector partners as the Vale of Glamorgan Public Services Board (PSB), has prepared its 2nd Well-being Plan for the Vale. Informed by a Well-being Assessment, the Well-being Plan encompasses the 7 well-being goals and provides a framework for all public sector bodies to

deliver the Sustainable Development Principle through adopting the 5-ways of working.

5.22   The new Well-being Plan sets out three new Well-being Objectives and the priority areas that the PSB will be focusing on, and the objectives reflect the key issues and key challenges identified by the Vale of Glamorgan Well Being Assessment:

- **A more resilient and greener Vale** - by understanding and making the changes necessary as individuals, communities, and organisations in response to the climate and nature emergencies.
- **A more active and healthier Vale** – by encouraging and enabling people of all ages to be more active and to promote the benefits of embracing a healthier lifestyle.
- **A more equitable and connected Vale** - by tackling the inequities that exist across the Vale, engaging with our communities and providing better opportunities and support to make a lasting difference.

5.23   To deliver these objectives, the Well-being Plan has identified 3 priority workstreams within which collaboration will be focused:

- **Responding to the climate and nature emergencies** - The Well-being Assessment sets out some of the key issues for the Vale in terms of the climate and nature emergencies and partners recognise that the changes needed across our organisations and communities can best be achieved by working together. This will include consideration of transport, energy, food, biodiversity and how we use our buildings and land.

- **Working with the people who live in our communities that experience the highest levels of deprivation** - The Well-being Assessment has highlighted the differences across the Vale and how these inequalities have been exacerbated by the Covid 19 pandemic. The Well-being Plan will give particular focus on those areas of the Vale of Glamorgan identified as more deprived by the Welsh Index of Multiple deprivation and addressing inequalities in these communities.

- **Becoming an Age Friendly Vale** - The proportion of the Vale's population aged between 65-84 is projected to increase. The Well-being Plan will seek to ensure that the Vale is more age friendly and a better place for people to grow old, making it a friendlier place for all and recognising the contribution that older people make.

5.24 **Good Food and Movement Framework (2024-30)** for Cardiff and the Vale of Glamorgan brings together partners from the PSBs and the Regional Partnership Board to provide a regional response to how we can encourage people to be more active and have a healthier diet. This strategy focuses on collective action to create meaningful change in communities, schools, workplaces, and the environment over the next six years

5.25 **The Vale of Glamorgan Replacement Local Development Plan (2021-2036) Local Development Plan (RLDP) 2011-2026** sets out the Council's planning policy framework for managing the use and development of land within the authority. The health and well-being of residents is a key theme of the RLDP and is reflected within the overarching vision for the Vale of Glamorgan:

> …" *The Vale of Glamorgan is a healthy and inclusive place for everyone, with equitable access to services and facilities both physically and digitally. Residents are proud of where they live and have access to the homes they need. Housing growth has delivered homes which caters for all, including affordable homes and older person's housing; contributing towards diverse and cohesive communities where residents can maintain their independence.*
>
> *Through placemaking, places and spaces are safe, accessible, and socially inclusive. Development respects local character and sense of place is valued by residents and contributes positively towards health and well-being.*"

5.26 RLDP Strategic **Objective 2 Improving Mental and Physical Health and Well-being** highlights the link between health and wellbeing, through ensuring the built environment is inclusive and accessible, facilitates access to nature and enable active lifestyles.

5.27 Key to delivering positive health benefits through the RLDP is contained within **Strategic Policy SP5 Creating Healthy and Inclusive Places and Spaces,** which highlights the importance of identifying and understanding the health implications associated with the development proposed from the outset, designing developments that can contribute to health and also avoid creating environments that can directly and indirectly impact negatively on physical and mental wellbeing:

SP5 - CREATING HEALTHY AND INCLUSIVE PLACES AND SPACES

All development should seek to create healthy and inclusive places that reduce health inequities and improve social cohesion. This will be achieved by:

- Ensuring development proposals are designed to facilitate accessible healthy environments to address relevant determinants of health positively, particularly in response to local health needs;

- Ensuring that all places and developments are as inclusive as possible, capable of adapting to a broad range of changing needs and delivering a high quality of life;

- Enabling opportunities for access to a healthy food environment;

- Supporting the provision of new and enhanced community and healthcare facilities;

- Protecting and enhancing existing public health and well-being.

To the achieve this, developers are required undertake a screening assessment of their proposal at the preapplication stage to identify the potential health impacts of their development as set out below:

Development Type	Major Developments - Healthy Placemaking Checklist	Significant Developments - Rapid HIA
Residential	Between 10 and 99 Dwellings or an Area of 0.5 hectare to 2 hectares	100 Dwellings or greater or greater than 2 hectares
Employment/Other Commercial/Leisure	Built Floor Space of 1,000m2 to 4,000 m2	Built Floor Space Greater than 4,000 m2

Proposals will be supported where it can be demonstrated that the design of the scheme has been informed by the conclusions of the assessment.

5.28 For the RLDP, healthy places and spaces are those which incorporate a high standard of design that responds to health and well-being needs of all users

and the placemaking principles; facilitate high levels of multi-modal accessibility for all journeys to necessary services and facilities; the provision of quality active travel infrastructure and open spaces, including sport facilities; the provision of green infrastructure and spaces for socialising, including spaces for growing food; and high-quality and appropriate housing accommodation. Ensuring these will guarantee determinants of health affected by planning are addressed positively.

5.29 Inclusive places are those that deliver equality of accessibility and opportunity, enabling everyone to participate fully in society and people to remain in their homes and communities as their needs change. Relatively small modifications can have a significant impact on the ability of people to enjoy their local area, such as incorporating appropriate lighting to reduce the fear of crime, providing places for people to rest and socialise. Careful design can ensure that places are welcoming for all generations, removing barriers that prevent people from meeting their needs or enjoying active lives.

5.30 In addition to Policy SP5, consideration of health and well-being is contained within the RLDP contains several additional strategic policies covering a range of issues within which the links with health and well-being are a key component:

- **Strategic Policy SP4 Placemaking** seeks to ensure new developments are designed with layouts that create a sense of place and ensure a healthy and safe environment to help tackle health problems associated with physical inactivity and social exclusion arising from car dependency, poor access to services and public transport facilities.
- **Policy SP10 Sustainable Transport** requires new development to contribute to creating an accessible, sustainable, safe, integrated and well-connected transport network, with active travel as the first consideration when designing new developments so that priority is given to walking, cycling and use of public transport above private cars.
- **Policy SP7 Affordable Housing** seeks to ensure that new residential developments contribute towards meeting the needs of the local community and contribute towards the creating socially cohesive communities through the provision of affordable housing and housing for older persons and specialist need housing.
- **Policy SP13 Community Infrastructure and Planning Obligations** seeks to ensure that all new developments in the Vale of Glamorgan are supported by appropriate services and facilities to meet their needs and the needs of the existing community, to create safe, sustainable, liveable, healthy, and mixed communities.

- **Policy SP19 Green Infrastructure** requires new development to integrate green and blue infrastructure within the layout and design, providing opportunities multifunctional space that provide opportunities for recreation and relaxation; promote physical and mental health and well-being; facilitate learning opportunities.

5.31   The remainder of this SPG sets out guidance on the relationship between the built environment and health and wellbeing in meeting the requirements set out in the above policies and provides practical measures that can be adopted to create places that are healthy and inclusive.

6 HEALTHY PLACEMAKING – HOW AND WHEN TO CONSIDER HEALTH AND WELL-BEING WITHIN NEW DEVELOPMENTS

6.1 New development has the potential to impact upon a wide range of matters which can affect the health and wellbeing of the population. There is strong evidence linking health and well-being outcomes with the quality of the built and natural environments, which the planning system can have great influence over[4]. The design of neighbourhoods can influence levels of physical activity, travel opportunities, social connections, and impact physical and mental well-being. Below is a summary of some of the influences that planning and design can have over health and well-being[5, 6, 7, 8, 9, 10]

6.2

Housing	The cost to the NHS in Wales of poor-quality housing is estimated to be around £95 million per year, and £1 billion cost to society (distress, economy, welfare, finances). Good quality, warm, well maintained and affordable housing is associated with numerous positive health and well-being outcomes.
	Housing affects physical, emotional and social well-being. People who live in cold, damp and unsafe homes are more at risk of cancers, respiratory ill-health, circulatory and cardiovascular illnesses. Older people are more at risk of falls resulting in serious injury.
Built Environment	The design of neighbourhoods, and the built environment generally, contributes to the health and well-being and

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[4] Town and Country Planning Association. November 2016. Planning for Better Health and Well-being in Wales. Available at: https://tcpa.org.uk/wp-content/uploads/2021/11/FINAL__HWBW_Briefing.pdf

[5] Public Health England, 2017, Spatial Planning for Health. Spatial Planning for Health: an evidence resource for planning and designing healthier places (publishing.service.gov.uk)

[6] Public Health Wales, 2019, Making a Difference. Housing and Health: A Case for Investment. phw.nhs.wales/files/housing-and-health-reports/a-case-for-investment-report/

[7] Public Health Wales, 2021, Planning and Enabling Healthy Environments. Microsoft Word - Planning and Enabling Main Resource v8.docx (nhs.wales)

[8] Carly J. Wood, Jules Pretty, Murray Griffin, A case–control study of the health and well-being benefits of allotment gardening, JOURNAL OF PUBLIC HEALTH, Volume 38, Issue 3, 17 September 2016, Pages e336–e344, https://doi.org/10.1093/pubmed/fdv146

[9] Jabbar M, Yusoff MM, Shafie A. Assessing the role of urban green spaces for human well-being: a systematic review. GeoJournal. 2022;87(5):4405-4423. doi: 10.1007/s10708-021-10474-7. Epub 2021 Jul 20. PMID: 34305268; PMCID: PMC8290137. Assessing the role of urban green spaces for human well-being: a systematic review - PMC (nih.gov)

[10] Public Health Wales, 2018, Creating healthier places and spaces for our present and future generations. Creating_healthier_places_and_spaces_for_our_present_and_future_generations.pdf (phwwhocc.co.uk)

	plays a significant role in shaping health behaviours. Evidence suggests that walkable neighbourhoods encourage active travel and therefore increase levels of physical activity, and improve health.

Enhanced street connectivity through walking and cycling infrastructure, higher densities and access to public transport systems help to provide alternative routes for active travel. Mixed land use, and provision of local amenities can improve mobility and social engagement amongst older adults, and increase physical activity among children and young people. |
| Food Environment | The food environment plays a crucial role in health and well-being but is part of a complex system which includes proximity to food retail outlets and the type of food available.

Growing more food locally has multiple benefits, including lower the climate impact of food miles, enabling access to fresh and healthy food, and providing opportunities for healthy outdoor activity. Less than 30 minutes of allotment gardening can result in improvements in self-esteem and mood through reductions in tension and depression. |
| Natural Environment | Green spaces offer numerous benefits for health and well-being, and the accessibility of green space influences not only the likelihood of physical activity being undertaken but its frequency. Increased levels of physical activity reduces the risk of developing conditions such as coronary heart disease, type 2 diabetes, obesity and some mental health conditions.

In urban areas, green spaces are particularly important to health and well-being, studies show that even a weekly visit to a green space has positive effects on the human body, and access increases active travel.

Urban green spaces mitigate climate change effects, through reducing heat, enhancing air quality, and enhance biodiversity, which all impact on human health. |
| Transport and Active Travel | Active travel (cycling, walking and use of public transport) can increase physical activity, and a reduction in motorised transport contributes to improved air quality.

Living in an activity-friendly neighbourhood can provide between 32% and 59% of the weekly physical activity levels recommended for adults to maintain good health. Compared with commuting by motorised private vehicle, rail commuters can experience a 10% lower rate of all-cause mortality, bicycle commuters a 20% reduced rate. People who regularly cycle increase their life expectancy |

	by one year on average compare with people who rely on motorised transport.

6.3   It is important to ensure that both the potential negative impacts and positive health and wellbeing benefits of a new development are fully considered as part of scheme design in order to help create healthy developments. Planning Policy Wales highlights that LPAs through the development management function have a responsibility for ensuring that new development proposals have a positive impact on health and well-being:

"Planning authorities have a role to play in the prevention of physical and mental illnesses caused, or exacerbated, by pollution, disconnection of people from social activities (which contributes to loneliness) as well as the promotion of travel patterns which facilitate active lifestyles.

The planning system must consider the impacts of new development on existing communities and maximise health protection and well-being and safeguard amenity. This will include considering the provision of, and access to, community and health assets, such as community halls, libraries, doctors' surgeries, and hospitals.

Health impacts should be minimised in all instances, and particularly where new development could have an adverse impact on health, amenity, and well-being. In such circumstances, where health or amenity impacts cannot be overcome satisfactorily, development should be refused" (Paragraph 3.21)

6.4   Planning Policy Wales states that the mechanism for assessing the impact of development plans or proposals should incorporate health considerations, where there is likely to be a significant effect on human health.

6.5   "Health Impact Assessment makes a valuable contribution towards plan making. It may be useful when proposing or making decisions on new development along with evidence collected by Public Service Boards" (Paragraph 3.24)

6.6   Accordingly, the Council will require the proposers of new developments to consider the likely potential impacts, both positive and negative, that their proposals may have on health and wellbeing and incorporate appropriate measures to address the issues identified within the design of their development.

6.7   To the achieve this, Strategic Policy SP5 requires developers to assess and understand the impact of their schemes on health and wellbeing through the

application of either a Rapid Health Impact Assessment or HIA screening tool subject to the thresholds set out in Table1.

Table 1: Thresholds for Health Impact Assessment and Planning for Health Checklist		
DEVELOPMENT TYPE	**HEALTHY PLACEMAKING SCREENING CHECKLIST**	**RAPID HEALTH IMPACT ASSESSMENT**
Residential	Between 10 and 99 Dwellings or an Area of 0.5 hectare to 2 hectares	100 Dwellings or greater or greater than 2 hectares
Employment/Other Commercial/Leisure	Built Floor Space of 1,000m2 to 4,000 m2	Built Floor Space Greater than 4,000 m2

6.8   All planning applications of 10 residential units/1000m2 or more will require screening for a HIA. The screening stage offers a systematic way of deciding whether a full HIA is required. Screening should identify who is potentially affected by a proposed development, the impact, if any, on health as well as the potential scale of any impacts identified.

6.9   The screening assessment will generally be proportionate to the size of the development; the larger the development the more detailed the responses to the questions will be expected to be, whereas smaller developments are more likely to provide a brief summary.

6.10   Further details in respect of HIA and how to use the Healthy Placemaking Checklist are explained in sections 6.2 to 6.5 below.

7   HEALTH IMPACT ASSESSMENTS (HIA)

7.1   A Health Impact Assessment (HIA) is a systematic and iterative process which enables developers to assess the potential impacts of their proposals on the health and wellbeing of different groups in the population, and make appropriate recommendations, to help maximise the positive and minimise the negative impacts through scheme refinement. A HIA should be undertaken at an early stage for it to inform the design of a scheme.

7.2   HIAs are used for a wide variety of proposals, plans and projects, and can take one of two forms: - Rapid or Comprehensive:

- Rapid HIA –typically involves a brief investigation of health impacts, including a short literature review of quantitative and qualitative evidence and the gathering of knowledge and further evidence from a number of local stakeholders. *This type of HIA is most suitable for development proposals of a certain scale (those in column 3 in table 1 above).*

- Comprehensive HIAs are more in-depth and require more detail around potential impacts on key population groups, determinants of health and health inequalities, extensive literature searches and the collection of primary data. Stakeholder engagement is required for a full HIA. These forms of HIA are considered to be more suited to complex proposals, projects or plans of a strategic nature.

7.3   The Council considered that for most development proposals, a Rapid HIA will be the most suitable form of HIA to be carried out. As these offer the opportunity to bring together planners, developers, health practitioners, architects, and other stakeholders to identify how proposals can provide the widest range of health and well-being benefits and minimise potential negative impacts.

7.4   The Wales Health Impact Assessment Support Unit (WHIASU) has published guidance on conducting health impact assessments (HIAs)

7.5   RLDP Policy SP5 requires developments to "address relevant determinants of health" and are the primary focus of HIAs. Figure 2[11] below provides a useful

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[11] Barton, H. and Grant, M. (2006) A health map for the local human habitat.
http://eprints.uwe.ac.uk/7863/2/The_health_map_2006_JRSH_article_-_post_print.pdf

framework, identifying the wide range of determinants that influence our health and wellbeing, from our individual characteristics to the global ecosystem. These are the social, economic, environmental, and cultural factors that indirectly influence health and wellbeing. They include what we eat and drink; where we live and work; and the social relationships and connections we have with other people and organisations. Some, such as gender, age and family history of illness, cannot change or are difficult to change, while others are influenced by the social, economic and physical environment we live in and can be changed by policy interventions.

Figure 2: Health Map: Determinants of Health and the Built and Natural Environments

7.6   An evidence-based review using published research or resources is an important stage in undertaking a HIA. Relevant information, data and evidence to inform the development of healthy environments can be found on the Wales Health Impact Assessment Support Unit Website Further local health related data can be obtained from the Cardiff and Vale Health Board.

7.7   Informed by this evidence review, developers should assess the likely health impacts of proposals, including their nature, scale, significance, timing, and distribution. The effects on different population groups, both new and existing, should also be considered, as well as any key health issues and health inequalities in the local area. Engagement with the local community early in the process is encouraged, to inform the assessment and the mitigation solutions and/or design and access statement. At the latest, this should take place as part of the Pre-Application Consultation process.

7.8 Possible considerations will include:

- neighbourhood design
- housing location and design
- ensuring accessibility to infrastructure such as cycle and pedestrian routes, amenities, play areas, shops, and public transport.
- enabling access to the natural environment, including private or public green space

7.9 The findings of the assessment should identify potential changes to the proposal that could mitigate negative impacts or enhance positive impacts. These could include measure such as those detailed within this SPG at sections 7-15 and any mitigation measure should be recorded in the submitted HIA and be set out in a planning statement at the time of submission.

PLANNING FOR HEALTH CHECKLIST

7.10 Table 1 sets out the threshold for developments where the Council shall require the completion of Planning for Health and Wellbeing Checklist which much accompany any planning submission. The Checklist and factors that a development must consider is set out in Appendix 1.

7.11 The aim of the checklist is to ensure that developers, urban designers, and architects consider how their proposals can contribute towards creating healthier and inclusive environments at the earliest stages of development and any potential negative impacts can be designed out or mitigated effectively. The checklist should also be used to assist HIA by identifying potential measures to mitigate any negative outcomes identified.

7.12 The checklist is divided into the health and well-being themes set out below within this SPG and poses questions relating to the planning guidance provided. It is acknowledged that some issues may not be relevant to a specific development proposal and local circumstances.

7.13 It requires developers to identify and explain how their development have incorporated health and wellbeing measures or design principle to delivery positive outcomes. Unlike a HIA, Planning for Health checklists should not require a specialist consultant and should be able to be undertaken by a developer, planning consultant or architect.

7.14 To assist applicants, the following section highlights the key health and well-being issues that should be considered and provides guidance on the types of interventions that can be incorporated into new developments proposal; many

of which are based on best practice design guidance and planning policy. Further detailed guidance is provided in Public Health Wales's guide to creating healthier places and spaces[12].

DESIGN AND ACCESS STATEMENTS

7.15   The design and quality of buildings and public spaces can have positive and negative impacts on health and well-being. Places, buildings, and facilities should also be carefully designed to suit a wide range of age groups.

7.16   Considering how development proposals through design and layout at the earliest stages provides the opportunity to consider how future residents can easily access new and planned services at the neighbourhood level, and how the density and layout of a site can encourage active travel.

7.17   Accordingly, where Design and Access Statement (DAS) are a requirement consideration should be given to how design and accessibility contributes to health and well-being, and it should aim to maximise the potential positive health benefits and wellbeing outcomes. As such DAS should include references to illustrate how their proposals has taken into account health and wellbeing through specific reference to those measures identified in the Planning for Health and Wellbeing Checklist.

COMMUNITY ENGAGEMENT AND PARTICIPATION

7.18   Early dialogue with the local community and organisations provides the opportunity to identify more specific needs within the local area, and shape how the design of the development can respond to addressing the community aspirations.

7.19   Engagement and collaboration at an early stage in the development process of Cardiff and Vale University Health Board can also highlight how proposals can contribute towards addressing specific health issues within the locality.

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[12] Public Health Wales. 2018. Creating Healthier Places and Spaces for Our Present and Future Generations. Available at:
http://www.wales.nhs.uk/sitesplus/documents/888/Creating%20healthier%20places%20spaces.pdf

7.20 In this respect the consideration of health and well-being should form an integral part of the pre-application consultation (PAC)[13] process required to be undertaken by the developer as part of the planning process.

7.21 It is also important to recognise that the act of participating in community engagement itself can improve people's health and wellbeing and reduce health inequalities. For example, it can improve peoples' confidence, knowledge, empowerment and improve social networks[14] [15].

8 ENCOURAGING ACTIVE SUSTAINABLE TRAVEL CHOICES

8.1 Connecting people to jobs, education and training, leisure and recreation, town and local centres, neighbouring places, extensive greenspaces and to wildlife, support services, and to each other, are critically important for health and wellbeing. Creating well connected places in an environment that encourages safe, sustainable travel options will increase physical activity and promote social interaction, as well as reducing air pollution, noise, road traffic accident rates and greenhouse gas emissions from transport.

ACTIVE TRAVEL CHOICES

8.2 Active Travel means being physically active by using a form of travel such as walking or cycling to make every day journeys. The purpose of the journey, whether it is a direct commute to work or school, or a more leisurely outing for pleasure, can influence the design requirements of the route, but both are positive for health.

8.3 The design of the built environment can make it difficult for some members of society to be active for example, obstructions within footways and steep gradients can obstruct and hinder elderly people and those with limited mobility. Similarly, busy roads, the lack of safe walking or cycling routes may

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[13] There is a requirement for applicants to submit a pre-application consultation report for all outline or full applications for 'major' proposals. 'Major' development is defined in article 2 of the Town and Country Planning (Development Management Procedure) (Wales) Order 2012

[14] National Institute for Health and care Excellence (NICE). March 2016. Community Engagement: Improving Health and Wellbeing and Reducing Health Inequalities. Available at: https://www.nice.org.uk/guidance/ng44/resources/community-engagement-improving-health-and-wellbeing-and-reducing-health-inequalities-pdf-1837452829381

[15] Public Health Wales. 2019. Principles of Community Engagement for Empowerment. Available at: https://phw.nhs.wales/news/rules-of-community-engagement-relinquish-your-power-so-that-communities-can-take-control/principles-of-community-engagement-for-empowerment/

reduce opportunities for children to walk to school or deter individuals from being physically active as part of their daily routine.

8.4   In line with the Active Travel (Wales) Act 2013 and to help encourage physical activity new development proposals should promote walking and cycling over other modes. The design and layout of streets and pavements should ensure safe and convenient access to the wider network, and where possible enhance existing active travel routes[16], and seek to address any barriers to pedestrian and cycle movement such as topography or other physical barriers.

8.5   Creating places that are well connected, easily accessible by walking and cycling and provide open spaces can encourage people to live more active lifestyles. Designing in measures such as public open spaces and streets that prioritise the needs of pedestrian and cyclists can encourage informal and formal physical exercise which will have a positive impact on both physical and mental well-being.

8.6   At the earliest stages in the design process consideration should be given to how proposals can encourage people to be physically active as a routine part of their daily life. The examples below[17] highlight the types of measures that can be integrated within the design and layout of buildings to encourage more active lifestyles.

- Consider how the proposal can be linked to existing walking and cycleways, and where possible provide opportunities to extend the network. Ensure local facilities, services, play areas, education and employment opportunities are easily accessible by walking and cycling e.g., through routes;
- Consider the needs of pedestrians and cyclists at the earliest stages in the design process, including the provision of facilities such as cycle parking and storage;
- Prioritise the pedestrian over motorised transport for example through implementing 20mph zones, methods to control traffic speed (signage, road materials, design, layout, shared surfaces);
- Ensure footways, footpaths and cycle routes are convenient, safe, and appealing to users, including people with limited mobility, and are

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[16] Vale of Glamorgan Council. 2021. Active Travel Network Maps. Available at: https://www.valeofglamorgan.gov.uk/en/living/transportation/Active-Travel.aspx

[17] National Institute for Health and Care Excellence (NICE). March 2018. Physical Activity and the Environment. Available at: https://www.nice.org.uk/guidance/ng90

built and maintained to a high standard. Provide cycle ways that are safely separated from motorised traffic.

SUSTAINABLE TRAVEL CHOICES

8.7   Where opportunities for walking and cycling maybe limited, such as within rural communities', consideration should be given to the availability of, and access to public transport services. The design and layout of proposals should enable safe and direct access to transport services, and where new provision is proposed this should be located within 400m of the development.

8.8   In promoting active and sustainable travel, developers should approach accessibility and movement in accordance with the sustainable transport hierarchy prioritising pedestrians, cyclists, and public transport over private vehicles.

Figure 3: Sustainable Travel Hierarchy

1.5.1   It is the Council's policy for major development proposals to be accompanied by Travel Plans that aim to promote sustainable transport and minimise the level of car usage generated by the proposal. Travel plans should be designed to encourage people to use safe, healthier, and sustainable methods of travel and reduce their reliance on cars.

1.5.2   Travel plans should:
- Provide options to increase active travel, including for people with mobility difficulties or children.
- Reduce the number of cars and other private vehicles; so reducing carbon emissions and improving air quality
- Reduce the likelihood that the development will create the need for more road capacity or new roads.
- Support infrastructure and services that improve connections between communities.

8.9   The Council has produced a Travel Plan SPG which sets out the Council's requirements for the preparation and scope of travel plans. Additionally, Policy SP12 Community Infrastructure and Planning Obligations of the RLDP and the Council's Planning Obligations SPG require all new developments to be served by sustainable transport modes. The Council may therefore seek contributions towards walking, cycling and public transport to serve new development.

8.10   The following guidelines provide examples of the measures that can be incorporated within a development to ensure that the needs of all transport users in the hierarchy are considered:

Mode	Measures to consider at the design and operational stages
Pedestrians	- Provide convenient routes, which are easy, safe and attractive to use. - Create 'Home Zones'[18] that reduce the dominance of cars. - Provide clear sign posting and lighting where appropriate. - Provide routes that are accessible to disabled people, particularly wheelchair users. - Link routes to local facilities, public transport nodes, open spaces, and longer distance footpaths such as public rights of way. - Provide conveniently located pedestrian crossing points on busy sections of road. - Avoid steep gradients (not exceeding 1:20); - Provide seating at appropriate locations.
Cyclists	- Provide direct, safe and attractive routes. - Ensure that routes are as continuous as possible, avoiding frequent stops or diversions. - Link routes within developments to the wider cycle network. - Provide prominent, secure cycle parking which should be close to building entrances or inside buildings and should avoid the need to carry cycles over steps. - Provide joint pedestrian and cycle facilities only in circumstances where separate facilities for cyclists within the carriageway are not feasible, although pedestrian safety must not be compromised.
Public Transport	Adequate access for bus services and service vehicles should be provided. This should not however, be at the expense of the safety and free movement of pedestrians and cyclists.

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[18] The Institute of Highway Incorporated Engineers. June 2002. Home Zone Design Guidelines. Available at: https://www.theihe.org/wp-content/uploads/2019/03/Home-Zone-Design-Guideline.pdf

	• Passenger facilities, such as bus shelters and timetable information should be provided, in consultation with the Council. Alternatively, other public transport enhancements may be required. • Convenient access for pedestrians should be provided with bus stops located within 400m.
Private Motor Vehicles	• Provide electric car charging points to promote zero/low carbon vehicles. • Internal roads designed for an average speed of 20mph or less, particularly at junctions and pedestrian/cycle crossings. • Limit the use of roundabouts as these create difficult crossing points for pedestrians and cyclists. • Consider designing in traffic calming techniques at the master planning stage, utilising measure such as street enclosure, location of buildings, orientation of roads, road narrowing and changes in road surfaces. • Where possible locate parking at the rear of properties to allow for pedestrian friendly street layouts. • Consider reducing standard parking requirements in developments well served by public transport or accessible to a range of services and facilities.

9 CREATING ACCESSIBLE AND INCLUSIVE OPEN SPACES

9.1 Parks, open spaces, playing fields, woodlands, road verges, allotments and private gardens are all examples of green infrastructure and open spaces. Drainage systems, swales, wetlands, rivers and canals and other water courses are referred to as 'blue' spaces.

9.2 RLDP Policy SP5 Placemaking and SP18 Green Infrastructure requires all new development to consider the provision of inform and formal green spaces as the earliest stages so to creating a network of joined open spaces and enables greater accessibility to a range of open space provision.

9.3 The proximity and accessibility of the natural environment is positively associated with a wide range of improvements to physical and mental health[19] and wider environmental benefits. Access to open spaces can encourage participation in physical activity, provide tranquil areas that reduce stress, and in more deprived areas, the provision of green open spaces can also aid in reducing health inequalities[20] . Within work places access to open spaces has been linked to higher productivity, job satisfaction and reduced absences[21]

9.4 Children and young people need free, inclusive, and accessible spaces offering high-quality play and informal recreation opportunities and child friendly neighbourhood environments. Playing outside is also essential for children to develop balance, coordination, and physical strength. It provides opportunities for children to gain social skills, and improve their imagination, creativity, and problem-solving ability. It can also strengthen their sense of self and their sense of connection with their peers and to their community and the environment.

9.5 In this respect, developers are encouraged to explore opportunities for incorporating both formal and informal spaces and features which facilitate children play, including "street play" through for example enhanced traffic

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[19] Public Health England and the UCL Institute of Health Equity. September 2014. Local Action on Health Inequalities: Improving Access to Green Spaces. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/355792/Briefing8_Green_spaces_health_inequalities.pdf

[20] World Health Organisation. October 2017. Urban Green Space Interventions and Health: A Review of Impacts and Effectiveness. Available at: https://www.who.int/europe/publications/m/item/urban-green-space-interventions-and-health--a-review-of-impacts-and-effectiveness.-full-report

[21] FitForWork.gov.uk. Benefits of a Healthy Workforce. http://fitforwork.org/employer/benefits-of-a-healthy-workforce/

calming measures such as shared surfaces and home zone areas which also provide improved pedestrian and cycle environments.

9.6   Where new development is proposed, it is important to ensure that green open spaces (new and existing) are easily accessible to all users by both walking and cycling and offer a variety of facilities to encourage physical activity across all age groups. Open spaces should incorporate quiet areas that offer the opportunities for respite, tranquillity, and social interaction. Consideration should also be given to enhancing linkages between open spaces to facilitate a network of different spaces that offer a range of activities. In this respect, developers and are encouraged to consider guidance produced by Play Wales who have produced a series of toolkits to assist in creating inclusive and accessible play opportunities for children and young people[22].

9.7   To ensure good accessibility to open spaces the Council recommends that applicants ensure that the proximity of new developments to existing or new open spaces accord with the walking distances recommend by the Fields in Trust[23] .

Open space typology	Walking Distance Guidelines
Other outdoor provision	Multi Use Games Area (MUGA) - 700m
Equipped/ designated play areas	Local Area for Play (LAP) –100m Local Equipped Area for Play (LEAP) – 400m Neighbourhood Equipped Area for Play (NEAP) – 1,000m
All outdoor sports	1,200m
Playing pitches	1,200m

9.8   The type of measures which could be integrated into design of spaces could include:

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[22] Play Wales https://play.wales/resources-library

[23] Fields in Trust. January 2017. Guidance for Outdoor Sport and Play, Beyond the Six Acre Standard, Wales. Available at: https://www.fieldsintrust.org/Upload/file/guidance/Guidance-for-Outdoor-Sport-and-Play-Wales.pdf

- Provide (retain, retrofit, or design in) green and blue infrastructure and spaces within new and regenerated developments of housing, transport routes and community facilities.
- Where new open space is provided ensure that it is located in close proximity to walking and cycling routes, and that open spaces encourage varied, physically active play.
- Ensure that the design and layout of open space enables children to play safely outside, for example by providing playgrounds which are overlooked, using shared space, e.g., adopting 'Home Zone' design principles[24] , and designing streets that could be utilised for play[25];
- Provide opportunities for active and informal play within residential areas, within natural play spaces where possible.

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[24] The Institute of Highway Incorporated Engineers. June 2002. Home Zone Design Guidelines. Available at: https://www.theihe.org/wp-content/uploads/2019/03/Home-Zone-Design-Guideline.pdf

[25] Play Wales. March 2019. Opening Streets for Play. Available at: https://issuu.com/playwales/docs/opening_streets_for_play?e=5305098/68904846

10 CREATING AGE FRIENDLY ENVIRONMENTS

10.1 In 2023, the Vale of Glamorgan Local Service Board became a member of the World Health Organisations's Global Network of Age-Friendly Cities and Communities. Given that an increasing number of people are living longer, the ability for people to live independently within their own homes should be a key consideration within new development proposals. Developments should therefore be accessible and welcoming to older people. Removing barriers to travel and improving the accessibility of buildings will help people to remain active and contribute towards society in old age. Measures such as direct walkable neighbourhoods with "step free" flat routes to public spaces and connections to public transport routes can enable independence and social interaction.

10.2 Where new residential developments are proposed, consideration should be given to how the range, type and mix of dwellings can contribute towards meeting the housing needs of the community. This is likely to include affordable housing and may include housing designed for older persons. Provision of specialist accommodation can assist in allowing older people to live independently within the community. Similarly, ensuring that new dwellings are built to Lifetime Homes Standard[26], or designed so that they can be easily adapted to meet ones changing needs, should also be considered. In Wales it is a requirement for new publicly funded homes to comply with the Lifetime Homes Standard[27].

10.3 RLDP SP7 Affordable Housing Provision and Policy SP8 Affordable Housing Requirements sets out the Council's requirements for the provision of affordable housing contributions as part of any new residential development. In seeking affordable housing contributions, the Council will negotiate with developers to ensure that the affordable housing mix best meets the community's needs. Further details on the Council's approach to securing affordable housing is set out in the Council's Affordable Housing Supplementary Planning Guidance.

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[26] Habinteg Housing Association. 2011. Lifetime homes Design guide. Available at: https://www.brebookshop.com/samples/326824.pdf

[27] Welsh Government. July 2021. Welsh Development Quality Requirements 2021, Creating Beautiful Homes and Places. Available at: https://gov.wales/sites/default/files/publications/2021-08/development-quality-requirements-for-housing-associations.pdf

10.4   When designing a new development, developers should consider incorporating the following age friendly principles within their scheme, many of which are consistent with general good design practice. These age friendly principles include:

- Promoting walkable neighbourhoods that give priority to pedestrians and cyclists over motorised vehicles- for example by adopting the principle of 'home zones[28]' within new developments.
- Ensuring that public footpaths are well lit and evenly surfaced. Where there are changes to ground levels, the transition should be gradual and avoid the introduction of steps. Where steps are unavoidable handrails should be provided.
- Providing benches and seats at intervals along main pedestrian routes and public spaces.
- Incorporating a range of open spaces that offer quiet areas away from the main road network.
- Ensuring that buildings incorporate step-free access or clearly signpost accessible alternatives.
- Ensuring that public transport links are accessible with bus stops located within easy walking distances (within 400m).
- Ensuring that footpaths are convenient, safe and are free from unnecessary obstructions (whether permanent or temporary).
- Providing for a range of home types which cater for the needs of the elderly, including Lifetime Homes, or those that are designed and constructed to enable them to be easily and affordably adapted to meet future needs.

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[28] The Institute of Highway Incorporated Engineers. June 2002. Home Zone Design Guidelines. Available at: https://www.theihe.org/wp-content/uploads/2019/03/Home-Zone-Design-Guideline.pdf

11   DEMENTIA FRIENDLY ENVIRONMENTS

11.1   In the UK there are over 850,000 people living with dementia and with an increasing ageing population it is estimated that this figure will increase by 35% by 2025[29].

11.2   Research undertaken by the Alzheimer's Society found that 35% of people with dementia leave their home only once a week or less and 10% once a month or less[30]. Similarly, research undertaken by Oxford Brookes University highlighted that those living with dementia are far more physically restricted than those without dementia, limiting their journeys to within walking distance of their homes when unaccompanied[31].

11.3   It is vital that people with dementia are supported to stay as physically, mentally, and socially active as they can, the local built and natural environment plays a large part in determining how easily they are able to do this. The environment is therefore fundamentally important to people's quality of life[32].

11.4   For people living with dementia, safe and accessible environments can significantly enhance personal independence and greatly enrich their quality of life. Such environments contain a variety of uses, are of varied urban form and contain environmental features that are easily understood. They contain welcoming open spaces and short, well-connected streets with good visual access and wide smooth footpaths laid with non-slip, non-reflective paving[33].

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[29] Kings College London and the London School of Economics. November 2014. Dementia UK: Update. Second Edition. Available at:
https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/dementia_uk_update.pdf

[30] Kings College London and the London School of Economics. 2007. Dementia UK. Available at: https://www.alzheimers.org.uk/sites/default/files/2018-10/Dementia_UK_Full_Report_2007.pdf?fileID=2 alzheimers_16425

[31] Lynne Mitchell and Elizabeth Burton, Oxford Brookes University. January 2006. Neighbourhoods for Life: Designing Dementia-Friendly Outdoor Environments.

[32] RTPI. September 2020. Dementia and Town Planning, RTPI Practical Advice. Available at: dementiatownplanningpracticeadvice2020.pdf (rtpi.org.uk)

[33] Ibid

11.5   When designing new developments, developers should consider incorporating the following 6 elements that contribute towards creating dementia friendly environments[34]:

A familiar environment

- Places and buildings are long established with any change being small-scale and incremental.
- The functions of places and buildings are obvious.
- Architectural features and street furniture are in designs familiar to or easily understood by older people.

A legible environment

- There is a hierarchy of street types, such as main streets, side streets, alleyways, and passages.
- Blocks are small and laid out on an irregular grid based on an adapted perimeter block pattern.
- Streets are short and narrow, well connected and gently winding with open ended bends to enable visual continuity, forked and T-junctions are more common than crossroads.
- Latent cues are positioned where visual access ends, especially at decision points, such as junctions and turnings.
- Entrances to places and buildings are clearly visible and obvious signage is minimal. The necessary signage is on single pointers, provides simple, essential information at decision points, and has large graphics with realistic symbols in clear colour contrast to the background.

A distinctive environment

- Urban and building form is varied, with a variety of landmarks including historic and civic buildings, distinctive structures, and places of activity.
- Architectural features are in a variety of styles, colours and materials.
- There is a variety of welcoming open spaces, including squares, parks, and playgrounds. They should incorporate practical features, such as trees and street furniture.

An accessible environment

- Land uses are mixed with services and facilities within 5-10 minutes walking distance of housing.

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[34] Adapted from: Lynne Mitchell and Elizabeth Burton, Oxford Brookes University. January 2006. Neighbourhoods for Life: Designing Dementia-Friendly Outdoor Environments.

- Footpaths are wide and flat, and unavoidable level changes have gentle slopes with a maximum gradient of 1 in 20.
- Entrances to places and buildings are obvious and easy to use, pedestrian crossings and public toilets are at ground level.

A comfortable environment

- Urban areas have small, well-defined open spaces with toilets, seating, shelter, and lighting, as well as minimal use of signs, advertising hoardings and bollards.
- Quiet side roads as alternative routes away from crowds/traffic. Planting or fencing are used to reduce background noise.

A safe environment

- Footways are wide, with flat, smooth, non-slip and non-reflective paving.
- Bicycle lanes are separate from footways, and pedestrian crossings have audible cues.
- Spaces and buildings are oriented to avoid creating areas of dark shadow or bright glare, and street lighting is adequate for people with visual impairments.

12   ENABLING HEALTHY FOOD CHOICES

12.1   The availability of local healthy, affordable food is associated with improved attitudes towards healthy eating and healthier food purchasing behaviour, as well as changes to dietary behaviour, such as increased fruit and vegetable consumption.

12.2   The provision of areas for growing food within new development offers the opportunity for individuals and communities to have access to fresh fruit and vegetables, contributing to healthy lifestyles and encouraging physical activity. Additionally, gardening and food growing can also contribute to mental wellbeing and social inclusion, and provide economic, environmental, and educational benefits[35]. Depending on the proposal, the incorporation of areas for growing could count towards the provision of on-site open space as required or form part of a site's green infrastructure.

12.3   The provision of allotments is the most common way to provide informal opportunities for local food production. However, where there is limited scope to provide designated outdoor growing spaces, creative solutions should be explored. Such measures could include the planting of fruit trees, the provision of containers and raised beds within landscaping schemes, the creation of growing spaces within communal gardens, internal courtyards, and roof gardens, or by utilising incidental spaces. In larger developments this could also include areas of land unsuitable for buildings.

12.4   In providing growing spaces, the following technical issues should be considered:

- **Aspect and light**: Ideally growing spaces should be south facing. If this is limited it may restrict the choice of plants to those which require less light.
- **Water**: A reliable water supply is essential to support a successful growing space. Ideally this would be provided through a sustainable rainwater harvesting system such as a rooftop collection and water butt, however an on-site mains tap could also be appropriate.
- **Soil/growing medium**: Different types of soil support certain types of plants, so consideration will need to be given towards the preferred produce. If existing site soil is going to be used, then the quality of the soil may need to be checked, to see whether it would support food growing.

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[35] Sustain. April 2014. Planning Sustainable Cities for Community Food Growing. Available at: https://www.sustainweb.org/publications/planning_sustainable_cities/

- **Compost**: Provision of on-site composting facilities should also be incorporated into a scheme to increase environmental and financial sustainability.
- **Contaminated Land**: The suitability of the land for growing food should be assessed as previous or current land uses could have caused the soil to become contaminated. Depending on the circumstances, soil contamination can be overcome by use of containers or raised beds.
- **Access**: The growing space should be laid out in such a way so as to provide adequate access, particularly for a person with disabilities.
- **Storage**: Adequate provision for the storage of tools and associated equipment will need to be integrated into the design.
- **Management**: To avoid growing spaces becoming unsightly and underused, it is crucial to consider management issues at the earliest available point, preferably at the design stage.

PROMOTING HEALTHY FOOD ENVIRONMENTS

12.5   Town centres offer a wide range of services to meet the needs of their residents and allow them to enjoy a high standard of living. However, the prevalence, availability, and location of hot food takeaways can encourage unhealthy consumption, particularly where access to fresh produce locally may be limited. Hot food takeaways generally sell low cost, energy-dense meals with little nutritional value that can contribute towards increasing obesity and ensuing health issues. Restricting the provision and location of hot food takeaways in communities can influence the health of those communities[36].

12.6   Whilst it is recognised that hot food takeaway uses provide convenience in the food offer, particularly in town centres. However, when compared to other uses, there is an increased likelihood that they will have an adverse impact on amenity, character and function of the retail centre. A high concentration of hot food takeaway uses in centres and the clustering of these uses together may lead to harmful impacts, resulting from increased incidences of littering, odours, noise, anti-social behaviour, and general disturbance, in addition to parking problems and increased traffic congestion. Hot food takeaways may be shuttered up during daylight hours, leading to 'dead frontages' that could lead to negative impacts on town centre vitality and viability. It is therefore

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[36] TCPA. December 2014. Planning Healthy Weight Environments. Available at: https://tcpa.org.uk/wp-content/uploads/2022/05/TCPA-Planing-Healthy-Weight-Env-elements.pdf

important that these centres retain their vitality and viability and remain viable in attracting investment opportunities.

12.7   To help address this the Council shall carefully control the provision of hot new takeaways within retail centres in line with the Council's Hot Food Takeaways policy and supporting SPG[37]

12.8   Evidence suggests that reducing exposure to the food environment along routes to school would improve the estimated exposure and consequent impact on health measures such as waist circumference.[38]

12.9   Limiting new hot food takeaways in sensitive locations will help promote healthy communities will assist in minimising the detrimental impact of new hot food takeaways on the amenity of the area, in terms of odour, noise, waste disposal and customer litter, disturbance, traffic and road safety.

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[37] https://www.valeofglamorgan.gov.uk/Documents/Living/Planning/Policy/SPG/Retail-Development-SPG-English-March-2023.pdf

[38] Fast food outlets on school route resulting in slight increase in waist circumference - 0.21 (95% CI but increased by 0.21 for every added outlet - argument being if there are 10 fast food outlets that becomes clinically significant. Reference: Green, M.A., Radley, D., Lomax, N. et al. Is adolescent body mass index and waist circumference associated with the food environments surrounding schools and homes? A longitudinal analysis. BMC Public Health 18, 482 (2018). https://doi.org/10.1186/s12889-018-5383-z

13   ENABLING ACCESS TO COMMUNITY SERVICES AND FACILITIES

13.1   Community facilities are wide ranging and encompass amenities such as health centres, doctor's surgeries, and educational facilities, and social facilities including community halls, public houses, libraries, and places of worship. The availability of local services and facilities which are accessible by walking, cycling and public transport can positively impact health and well-being[39] by increasing opportunities for social interaction and community cohesion.

COMMUNITY FACILITIES

13.2   A key planning objective of the RLDP is to encourage access to community facilities for the whole of the community, and to safeguard existing community facilities from alternative uses. RLDP SP12 Community Infrastructure and Planning Obligations seeks to ensure that all new developments in the Vale of Glamorgan are supported by appropriate services and facilities to meet their needs and the needs of the wider community, to create safe, sustainable, liveable, healthy, and mixed communities, either through the provision of new community facilities infrastructure or through the enhancement of existing facilities.

13.3   Where new or enhanced community facilities are required as part of new, the Council encourages multi-use community facilities that offer a range of accessible community-based services, such as leisure, health care, education, community meeting space, and other essential community services. Shared community facilities and spaces assist in reducing travel demand, promoting sustainable communities, and facilitating the effective delivery of community facilities number of organisations.

13.4   In this respect, applicants should consider the proximity and availability of existing community facilities and explore opportunities to provide improved accessibility through enhancing the provision of public transport, or opportunities to co-locate services and facilities.

13.5   In considering opportunities for developing shared community spaces, the Council will expect that developers of major residential schemes engage with Cardiff and Vale University Health Board, community groups and other third sector organisations as part of the statutory pre-application consultation stage Early engagement provides the opportunity to identify, at the earliest

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[39] TCPA. 2017. Practical Guide 8: Creating Health-Promoting Environments. Available at: https://tcpa.org.uk/resources/guide-8-creating-health-promoting-environments/

stages, the potential opportunities for delivering services within the community and ensure long term viability of community spaces provided through development.

HEALTH SERVICES

13.6 Access to health care facilities has a key role in promoting health and well-being. There is a need to ensure that health care facilities are adequate for the needs of the local community, and that future demands can also be met. When new development is proposed, the capacity of current services should be considered, and additional facilities provided where there is a need. The RLDP seeks to ensure that new development does not place undue pressure on existing services.

13.7 Co-locating health and care services with other community facilities can deliver benefits for all. For example, locating health facilities or services within a new or existing community building increases the opportunities for people to actively engage in social activities, whilst also supporting the viability of community buildings. The site identified for new developments should ensure they are accessible and have the potential to be shared by different service providers; and that they provide a physical and built environment that supports interconnectivity, active travel choices, promotes healthy lifestyles and enhances road safety.

13.8 Facilities that are designed to be used by both existing and new communities will help bring people together. Creating a greater critical mass of residents that can attract new shops, schools, and health and other community buildings, benefiting everyone's wellbeing.

13.9 New health and wellbeing services can be successfully integrated into mixed-use developments particularly where new community buildings are required as part of a development, providing the opportunity to improve access to health through other community infrastructure. Accordingly, the Council shall engage with Cardiff and Vale University Health Board for advice in respect of the capacity, location and accessibility of health infrastructure in the area and explore opportunities for the co-location of health or other services within new community space.

13.10 Where opportunities are identified new community buildings will require developers to work with the UHB and its partners to ensure that community spaces are designed to accommodate the services to be provided.

14   COMMUNITY SAFETY

14.1   Crime reduction and community safety clearly impact on health and wellbeing, both directly through incidents of crime and indirectly through fear of crime. They can affect life choices, such as whether to go out and when which, in turn, can deny people opportunities and result in social isolation.

14.2   Measures to reduce fear of crime and anti-social behaviour should be considered at the earliest stages of the development process to allow for an integrated approach to addressing issues. To help reduce crime and the fear of crime, and increase community safety, development proposals should:

- Apply design solutions in streets and public spaces that encourage their legitimate active or community use, including through the use of materials, effective lighting, street furniture and signage

- Avoid creating crime hotspots and optimise natural surveillance and maintain good lines of sight on walking routes.

- Be informed by effective engagement with the local community and voluntary sector as part of their design.

14.3   The Council encourages developers to adopt "Secure by Design" (SBD) principles that encourage design principles that seek to create safe and attractive places to live. It is recommended that applicants liaise with the Local Police Force Design Out Crime Officer who can assist in ensuring that the design and layout of proposals incorporate SBD standards. Further advice and guidance on SDB is available from: https://www.securedbydesign.com/guidance/design-guides

15   AIR QUALITY, NOISE AND NEIGHBOURHOOD AMENITY

15.1   Poor air quality from pollution and dust is linked to a number of health issues including lung disease and asthma. Excessive noise and vibration and artificial light can interfere with people's daily activities, cause sleep disturbance, stress and annoyance, reduce performance, and provoke changes in social behaviour. Links have also been found between long term exposure to transport noise and an increase in the risk of cardiovascular effects, including heart disease and hypertension.

15.2   It is therefore important that new developments are designed effectively, or incorporate appropriate mitigation measures, to minimise their impact on neighbourhood amenity.

IMPROVING AIR QUALITY

15.3   Wales has some of the worst air quality in the UK, and it is estimated that it contributes to 2,000 deaths a year in Wales (6% of total deaths)[40]. The societal cost of air pollution from health service costs and lost workdays is estimated to be £1 billion each year[41].

15.4   Air pollution disproportionately affects children and older people, people with existing health issues, as well as those living or working in urban and deprived communities who are exposed to a higher concentration of air pollution. Whilst road transport is the principal source of air pollution, other sources such as emissions from industrial processes and heating from domestic and commercial buildings contribute to poor air quality.

15.5   The type of measures proposed to reduce air quality impacts will depend on the nature and scale of the proposed development. The following measures

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[40] National Assembly for Wales. June 2019. Air Quality Research Briefing. Available at: https://research.senedd.wales/media/2gmjaank/19-036-web-eng.pdf

[41] Public Health Wales. 2016. Making a Difference: Investing in Sustainable Health and Well-being for the People of Wales. Available at: https://www.wales.nhs.uk/sitesplus/documents/888/PHW%20Making%20a%20difference%20ES%28Web_2%29.pdf

should therefore be considered at the design and operational stage of a development to limit exposure to and creation of air pollution[42]:

- Consider how tree planting and landscaped verges within developments and adjacent to highways will affect airflow and the distribution of air pollutants.
- Avoid the creation of street and building configurations that encourage pollution to build up where people spend time.
- Minimise the exposure of vulnerable groups to air pollution by siting buildings (such as schools, nurseries and care homes) away from areas where pollution levels may be high.
- Site habitable rooms away from busy roadsides, junctions, chimney stacks etc.
- Adopt traffic management and traffic engineering measures to minimise traffic congestion especially through residential areas.
- Where travel plans are required incorporate air quality outcomes.
- Promote car sharing and car clubs and the use of zero- and low-emission vehicles, by providing charging facilities for electric vehicles.
- Increasing stack heights within industrial developments.
- Ensure that there is good spatial separation of industrial processes and activities from residential areas.

REDUCING NOISE POLLUTION

15.6 Noise pollution can also have a serious impact on health and wellbeing. Depending on the scale and type of development proposed, the impacts on health can range from general annoyance, irritability and/or sleep disturbance of an individual, to serious and long-lasting disturbance affecting large parts of the community.

15.7 New development should ensure that it contributes to the effective management of environmental, neighbour and neighbourhood noise. This can be achieved by the reduction of noise exposure by the design, layout, and orientation of buildings, and by maintaining distances from existing sources of noise, and carefully managing the demolition/construction phases of development.

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[42] Institute of Air Quality Management. January 2017. Land-Use Planning & Development Control: Planning for Air Quality. Available at: https://www.iaqm.co.uk/text/guidance/air-quality-planning-guidance.pdf

15.8   Where new development proposals are in close proximity to existing noise sensitive development (e.g., residential areas, hospitals, and schools), or where the development is proposed in close proximity to a noise source (e.g., major road or existing factory) applicants may be required to undertake a noise assessment. In such cases, developers are encouraged to use the Council's pre-application services so that such matters can be discussed at an early stage.

16   FURTHER INFORMATION AND ADVICE

PRE-APPLICATION PLANNING ADVICE

16.1   Further advice on all aspects of this guidance can be sought from the Planning Department. Prior to the formal submission of a planning application, the Council encourages applicants to utilise the Council's pre-application service which can save unnecessary work, costs and delays caused by negotiations. Further information on the Council's pre-application advice services can be found on the Council's website:

https://www.valeofglamorgan.gov.uk/en/living/planning_and_building_control/Planning/Planning-Applications/Make-a-Planning-Application.aspx

16.2   Alternatively, information and general advice on the submission of planning applications can be obtained from:

> **Development Management**,
> The Vale of Glamorgan Council,
> Civic Offices,
> Holton Road,
> Barry,
> CF63 4RU
> Tel: Duty Officer (01446) 704681
> Email: planning@valeofglamorgan.gov.uk

HEALTH IMPACT ASSESSMENTS

16.3   Further information on HIA is provided by Wales Health Impact Assessment Support Unit (WHIASU). The unit provides advice, support, guidance, training and research for health impact assessments across Wales and is funded by the Welsh Government through Public Health Wales https://whiasu.publichealthnetwork.cymru/en/

The Cardiff and Vale University Health Board
Cardiff & Vale Public Health Team,
Woodland House,
Maes y Coed Road,
Cardiff
CF14 4HH
029 21836506

Design out Crime Officer
South Wales Police
Police Headquarters
Bridgend
CF31 3CU
01656 761893

APPENDIX 1: PLANNING FOR HEALTH AND WELLBEING CHECKLIST

Site Address	
Development Proposal	

Data should inform the measures incorporated into development proposals. This analysis will assist in identifying any key health issues and inequalities in the local area that must be addressed.	
What is the age profile of the site's locality? How does this compare to the Vale average? Source: Census Data	
What is life expectancy and healthy life expectancy in the site's locality? Source: Census Data	
Is the locality an outlier on any of the WIMD metrics? Source: Welsh Index of Multiple Deprivation	
What is the prevalence of opportunities for food growing within the site ? Source: Green Infrastructure Assessment	
Are there any prevalent health issues in the locality? Source: CAV University Health Board	

Positive and negative health implications of proposed development, and impacts on determinants of health [See figure 2]

Theme: Healthy and Active Environments [SPG Section 7 & 8]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**

APPENDIX 1: PLANNING FOR HEALTH AND WELLBEING CHECKLIST

Criteria			
Does the proposal promote active travel? For example, by providing links to existing walking and cycleways, and/or providing the opportunity to extend the wider network for example by connecting to the National Cycle Network, Active Travel Routes or public rights of way?			
Are footpaths and cycleways designed to provide convenient safe routes that are accessible to all users?			
Will walking and cycling routes link to and provide barrier free access (e.g. pedestrian crossings) to local facilities, public transport, open spaces etc.?			
Will provision be made for safe and convenient cycle storage and parking in accordance with the Council's parking standards?			
Will the proposal incorporate traffic calming measures (such as Home Zones) that give priority to walking and cycling, and enable informal outdoor play?			
Will the design and layout of buildings encourage physical activity (e.g. steps and staircases are positioned to encourage people to use them)?			
Where a Travel Plan is required are there clear mechanisms in place to implement proposed measures that promote active travel?			
Theme: Age Friendly Environments [SPG Section 8, 9 & 10]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Will the proposal incorporate homes built to Lifetime Homes standards and/or designed to be adapted affordably to meet future needs of residents?			
Will the site layout avoid steep changes in ground levels, or ensure that changes to ground levels are gradual?			

APPENDIX 1: PLANNING FOR HEALTH AND WELLBEING CHECKLIST

	Yes	No	
Are existing or new public transport links such as bus stops within 400m walking distance?			
Are footpaths and pathways etc. designed to provide convenient, safe access that is free from unnecessary obstructions?			
Does the design and layout of the proposal incorporate best practice design principles to assist persons living within dementia?			
Theme: Community Safety [SPG Section 14]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Has the design and layout of the proposal incorporated measures to reduce crime and fear of crime, in consultation with the Local Police Crime Prevention Design Advisor?			
Theme: Open Spaces [SPG Section 8]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Will the proposal provide new open spaces, or enhance existing provision and improve access to existing spaces?			
Will open space provision offer a range of play spaces for children and young people, and incorporate quiet areas?			
Will the new or existing open spaces be within walkable distances recommended by the NPFA standards			
Theme: Healthy Food Choices [SPG Section 11 and 12]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			

	Yes	No	
Will the proposal provide opportunities for food growing, for example by providing allotments, private and communal gardens or green roofs?			
Will the proposal support the provision and/or retention of local food shops to provide a healthier food options?			
Theme: Community Facilities [SPG Section 13]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Will the proposal involve the loss of an existing community facility?			
Are community facilities conveniently accessible by walking, cycling or public transport?			
Will the development provide new or enhanced community facilities, including opportunities for the co-location of services and improved access to existing community facilities?			
Has the impact on healthcare services and education needs been considered and addressed?			
Theme: Promoting Active and Sustainable Travel [SPG Section 7]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Will the proposal promote active and sustainable travel in line with the principles of the transport hierarchy?			
Will the proposal improve connectivity and accessibility to the existing walking and cycling network, and existing bus and rail services?			

APPENDIX 1: PLANNING FOR HEALTH AND WELLBEING CHECKLIST

Is the development supported by a comprehensive travel plan that promotes sustainable transport and active travel measures, targets for modal shift and details a strategy for monitoring this?			
Theme: Air Quality [SPG Section 15]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Does the design, layout of buildings and landscaping seek to reduce exposure to air pollution?			
Will the proposal incorporate measures to reduce emissions from transport and buildings? E.g., electric vehicle charging points, car club or car sharing schemes?			
Theme: Noise [SPG Section 15]			
Outcome	**Yes**	**No**	**Please explain the measures incorporated into the proposal**
Criteria			
Will the proposal avoid, minimise, or mitigate the impacts of noise through building design, site layout and landscaping?			
Conclusions from Checklist and Recommendations for Proposed Development			